

# What to Eat

## ...to Finish Strong

**JUST AS YOU TRAIN WITH A VARIETY OF WORKOUTS, YOU NEED TO TRAIN WITH FUEL AS WELL. REMEMBER, SPORTS FOODS AND FLUIDS ARE DEPENDENT UPON A STRONG NUTRITION FOUNDATION.**

### Before – Top Off Your Tank

	Fuel		Hydration
3-4 hours before	Summary: A carbohydrate-rich meal to top off your fuel supplies and moderate protein for muscle recovery.	2-3 hours before	Checking your urine color is a quick way to make sure you're hydrated. It should be pale yellow.
	+ Peanut butter and jelly sandwich, non-fat milk + Yogurt and granola, strawberries + Pasta w/low-fat meat sauce and garden vegetables, bread sticks, non-fat milk + Breakfast wrap - scrambled eggs, cheese and salsa		16-24 oz. of fluids + Water + Sports drink + Non-fat milk + 100% fruit juice
30-60 minutes before	Top off your tank with easy to digest carbohydrates.	10-20 minutes before	~8 oz. (~8 mouthfuls)
	Granola bar, pretzels and banana, graham crackers, bagel		+ Water + Sports Drink

### During – Sustain Energy

	Fuel		Hydration
Up to 60 minutes		Every 15-20 minutes	8 oz. - water is fine
Exercise > 60 min	30-60 grams of carbohydrates/hour + sports drinks, gels, chews, bars	More than 60 minutes	8 oz. every 15-20 minutes + Water or sports drink

### After – Recovery

	Fuel		Hydration
30 minutes after	Summary: The first 30 minutes after a workout are essential for recovery. Choose foods or drinks rich in carbohydrates (60-100 grams) and protein (10-20 grams). + Peanut butter and jelly sandwich + 2 string cheese, whole-grain crackers, apple + Bagel with cheese or turkey + Smoothie: low-fat yogurt, frozen berries and banana	How much did you lose?	For every pound of body weight lost during your exercise, consume 16-24 oz. of fluid. Check your urine color.  + Chocolate milk, low-fat + Recovery beverage with carbohydrate, protein, and electrolytes- Gatorade O3 shake or electrolyte drink, EnduroxR4, Recoverite, or Ironman Restore
2 hours after	Repeat above every 2 hours (twice) or consume a meal similar to your pre-competition meal.		

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Adapted from: PowerBar Sports Nutrition & Hydration, and Sports Cardiovascular and Wellness Nutrition (SCAN), Eating Before Exercise, Eat During Exercise, and Eating During Recovery, Nutrition Fact Sheets Issue 1, 3, 4, April 2009

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